



SCAN TO LEARN MORE & REGISTER!

# STRONG SWIMMERS, CONFIDENT KIDS

## OUTDOOR SWIM LESSONS | 3 - 14 YEARS

FIRST CHILD: \$81 | ADDITIONAL CHILD: \$75/EA | FINANCIAL AID AVAILABLE

### FRENCH'S PARK in Bradford, Lake Massasecum

**JULY 10 - JULY 21**

Make-Ups: July 24 - 27

### LAKE KEZAR in Wadleigh State Park

**JULY 31 - AUGUST 11**

Make-Ups: August 14 - 17

#### SWIM BASICS: STAGE 1 & 2, PRESCHOOL (PARENT/GUARDIAN NEEDED)

For children aged 3-6 with little to some experience in the water but not yet able to swim or float without assistance. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

#### SWIM BASICS: STAGE 3, SCHOOL AGE

For children aged 6+ with some experience in the water but not yet able to swim the full length of the pool on their own without flotation. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

#### SWIM STROKES: STAGE 4, SCHOOL AGE

For children aged 5+ able to swim 25 yards independently using the swim-float-swim skill-set demonstrating rhythmic breathing and tread water for one minute. Children will be introduced to technique in basic competitive strokes. Water safety will be reinforced through treading water, elementary and backstroke.

#### SWIM STROKES: STAGE 5 & 6, SCHOOL AGE

For children to continue to develop stroke technique and endurance in front crawl, back crawl, and learn the breaststroke and butterfly strokes. Water safety is reinforced through treading water and building endurance.

### HOW TO REGISTER

Scan the QR code above, visit our website at [www.graniteymca.org](http://www.graniteymca.org), or call 603.228.9622

### MONDAY - FRIDAY

#### STAGE 5 & 6

9:30 - 10:00 am  
Capacity: 8 Children

#### STAGE 4

10:05 - 10:35 am  
Capacity: 8 Children

#### PRESCHOOL STAGE 1 & 2

10:40 - 11:10 am  
Capacity: 10 Parent/Child Pairs

#### STAGE 3

11:15 - 11:45 am  
Capacity: 8 Children

#### PRESCHOOL STAGE 1 & 2

11:50 am - 12:20 pm  
Capacity: 10 Parent/Child Pairs

#### STAGE 3

12:30 - 1:00 pm  
Capacity: 8 Children

Times subject to change based on registrations.

See the next page for frequently asked questions.



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# FREQUENTLY ASKED QUESTIONS

## OUTDOOR SWIM LESSONS | 3 - 14 YEARS

**Q:** How do I know what level to place my child?

**A:** Each child is grouped by skill. If you are not sure, please call the YMCA and ask for Erin O'Brien. If they need to switch levels, we can make adjustments as we go.

**Q:** How do I make sure my expectations are being met during the lesson program?

**A:** If you have feedback or concerns, please talk to the swim instructor. We appreciate your feedback.

**Q:** What is the weather policy?

**A:** We cancel swim lessons if there is lightning or driving rain.

**Q:** Does the YMCA offer make up lessons?

**A:** We offer make-up classes in the event of lightning or driving rain. See the first page for make-up dates.

**Q:** What is the instructor to child ratio?

**A:** Our average ratio is 1:6

**Q:** What if I can not make the make up dates can I get a refund?

**A:** No, we can not do refunds if a make-up class is scheduled.

**Q:** Where can I register for swim lessons?

**A:** You can register by scanning the QR code above, online at [graniteymca.org](http://graniteymca.org), or by calling 603.228.9622.

**Q:** Does every child advance to the next level after completion of their session?

**A:** No, we expect each child to learn and progress at their own rate. At the final class, the child will receive a progress report from the instructor that explains their current skill level.

**Q:** I have another question or would like to learn more. Who can I contact?

**A:** If you have additional questions, please reach out to Erin O'Brien, Aquatics Coordinator, at 603.228.9622 (ext. 1139) or [eobrien@graniteymca.org](mailto:eobrien@graniteymca.org).